



4 - Safeguard



2 & 6 - CNO

Full-scale DoD hurricane response continues

Donna Miles

American Forces Press Service

Military support for Hurricane Katrina response focused on continuing to evacuate people stranded along the hurricane-ravaged Gulf Coast and getting food, water and medical care to the storm's victims.

Thousands of additional National Guard troops poured into the region, many of them

Bureau officials said.

President Bush, speaking at the White House before leaving for the region, acknowledged that results of the national response are "not acceptable," but promised that millions of gallons of water, tons of food and other aid are surging toward the area.

Bush planned to make stops in Mobile, Ala.; Biloxi, Miss.; and New Orleans to thank relief workers for their Herculean efforts and reassure those displaced by the hurricane that more help is on the way.

Meanwhile, efforts were under way to distribute the 9.3 million individually packaged military rations provided by the Defense Logistics Agency.

Officials are working to assure a "continued flow" of rations and water to staging areas set up by the Federal Emergency Management Agency, Army Col. Robbie Woods, chief of U.S. Northern Command's logistics plans and operations division, said Sept. 1. "The trucks keep rolling out," he said.

Six hundred 25,000-pound sandbags were delivered to

the Gulf Coast on Sept. 1, with another 200 expected today as part of the effort to repair broken levees.

More than 400 members of the Army Corps of Engineers were on site, working to repair the levee system in New Orleans and removing floodwaters from the city, Army Lt. Gen. Carl Strock told Pentagon reporters.

Strock, the Army's chief of engineers, said the Corps also is working on plans to establish temporary housing for thousands of displaced residents and working to restore navigation in the area.

The primary focus remained on life-saving efforts in the hurricane-struck area. The U.S. Coast Guard reported rescuing more than 3,000 people off rooftops and flooded neighborhoods since the hurricane made landfall. In addition, 113 DoD helicopters, about half from the National Guard and half from active-duty Navy, Army and Air Force units, were continuing to support search and recovery missions today.

U.S. Transportation Command is providing medical airlift support for patients in need of medical care. Among units supporting that effort are two aeromedical evacuation crews from the 932nd Airlift Wing at Scott Air Force Base, Ill., Air Force officials said.

USNS Comfort (T-AH 20) was slated to leave its Baltimore port today to provide critically needed medical capabilities and hospital beds to the region. Initially, some 270 medical personnel, most of them from



A U.S. Navy sailor and an emergency medical technician assist in transporting one of 43 Hurricane Katrina survivors that were transported from New Orleans to Naval Air Station Jacksonville, Fla., aboard a U.S. Air Force Reserve Command C-130 Hercules aircraft. (U.S. Navy Photo by PH3 David Didier)

military police helping provide security and restore law and order so the relief operation could continue, National Guard



SWC Philip Pawlowski, right, assigned to Seabee Readiness Group (SRG) gives an update on current conditions to military dependents and civilian workers at Naval Construction Battalion Center in Gulfport, Miss. Military dependents and civilian workers from the Naval Construction Battalion Center were relocated to equipment warehouses following Hurricane Katrina. The Navy's involvement in humanitarian assistance operations is being led by the Federal Emergency Management Agency (FEMA), in conjunction with the Department of Defense. (U.S. Navy Photo by PH2 Michael Sandberg)

the National Naval Medical Center in Bethesda, Md., will operate the ship's medical treatment facility, Military Sealift Command officials said.

USNS Mercy (T-AH 19), Comfort's sister hospital ship, is slated to leave San Diego for the Gulf Coast Sept. 7 to join the relief effort, Navy officials confirmed.

The carrier USS Harry S. Truman (CVN 75) and dock landing ship USS Whidbey Island (LSD 41) also are en route to the region to support operations, as well as the two Jima Expeditionary Strike Group.

One of the group's ships, USNS Arctic (T-AOE 8), is already on station providing fuel and supplies for naval support efforts, Navy officials said.

USS Grapple (ARS 53) also is on the way, with 31 drivers aboard to assist with maritime and underwater survey operations. The Air Force is supporting airlift missions in support of the Federal Emergency Management Agency,

delivering goods, water and critical supplies, Air Force officials reported. As of Sept. 1, the Air Force had moved more than 190 tons of relief supplies and support equipment, along with almost 200 passengers and 54 medical patients.

A 105-member "Red Horse" engineer team from Hurlburt Field, Fla., was lending its expertise in disaster recovery of facilities and infrastructure to the response effort.

In addition, Air Force combat controllers and a medical team were working to reopen New Orleans International Airport, a critical air transport hub, Air Force officials said.

The 621st Contingency Response Wing from McGuire Air Force Base, N.J., was tackling the task of establishing bare-base airfield operations.

*Please see **Katrina**, Pg. 3*

Brief Notes

****Club Off Limits****

Effective immediately, **Club Flava**, is off limits to **ALL** Status of Forces Agreement (SOFA) personnel. Any person visiting this establishment is in violation of this order and subject to disciplinary action.

Bowling Center Opening

Due to delays caused by Typhoon 14W, the Spare Time Bowling Center will now open Sept. 18.

Midnight Movies

Every Friday and Saturday night at the Showboat Theatre. Call the theatre for more information.

IntelliCheck Article Delayed

The second part of the Intellicheck article which appeared Sept. 3, originally scheduled for this issue, will appear Sept. 17.

DUI Counter:
41 days as of Sept. 8

Katrina 24-hour helpline

Navy leadership is sincerely concerned for our Sailors and their family members in the areas affected by Hurricane Katrina.

In light of the communication difficulties created by the hurricane, BUPERS has set up a 24 hour helpline for both Sailors and families to call for information regarding their loved ones.

The number is **1-877-414-**

5358. The line will be staffed 24 hours per day by active duty Navy volunteers and will have connectivity with Navy, FEMA and other government agencies.

They will try their very best to answer questions regarding the status of Navy family members, but please be aware that communication in the region is still inconsistent.

A salute to ombudsmen: Keeping our Sailors, families ready

FLTCM (SS/SW) R. D. West
Pacific Fleet Master Chief

Hoo-Yah, warriors. I want to take a quick moment to ask everyone to keep our citizens in the Gulf coast region in your hearts and prayers as they begin the slow and painful healing process in the aftermath of Katrina.

The Red Cross has set up a website to help people reach family members in the affected areas. Click on <http://www.familylinks.icrc.org/katrina> to use this service. The Navy also has a help line, 1-877-414-5358, set up for Navy personnel and their families to get information on Sailors or families in the region.

But helping others during a crisis as well as day-to-day is the topic of my column this week. It's about a special group of people who spend a lot of time talking/working with spouses and families about problems and their solutions, crisis management, referring issues that need the command's attention, or just giving out some sage advice. They celebrate

their birthday Sept. 14th. Naturally I'm referring to the CO's and Command Master Chief's go-to person, the command Ombudsman.

Back in 1970, then-CNO Adm. Elmo Zumwalt recognized what a huge factor family morale had on Sailor morale. He realized that without a happy family, he wouldn't have happy Sailors focused on a mission professionally and safely.

So on Sept. 14, 1970, he sent out one of his famous "Z-Grams" creating the Navy's Ombudsman program. Adm. Zumwalt got the idea from a 19th century Scandinavian custom originally established by the King to give ordinary private citizens a way to express their grievances to high government officials.

Adm. Zumwalt took the focus away from the grievance-processing role and put it squarely on command communication, information, and referral.

The Admiral devised a system that, still working well into the 21st century, provides the Commanding Officer with a direct link to the families in his or her command. And for the last 35 years, these spouse volunteers have been a critical linchpin of many successful commands.

As a Chief of the Boat and Command Master Chief (CMC), I can tell you from direct experience what a crucial and fantastic job Navy Ombudsmen do. The Command team's job was made easier knowing that we could rely on the Ombudsman to hold the home front lines and keep us locked in to family issues and needs, so the Command triad could intervene early if needed. With the support and presence of these tremendous volunteers the Command was always able to conduct the mission at hand knowing the homefront was well taken care of.



FLTCM (SS/SW) R.D. West
Pacific Fleet Master Chief

As the direct link to the CO and the CMC, the Ombudsman is one of the fastest ways we have to get the "real" word out to our families. We are now in a world with 24/7 news and the Internet that provide families a quick venue to communicate freely and that is a good thing ... obviously keeping OPSEC and INFOSEC at the forefront. Even though we have this almost direct access, the

real "gouge" is delivered via the Ombudsmen from the Commanding Officers about things the families should know. I know what a huge source of relief and comfort that can be in these days.

Our Ombudsmen also have to be encyclopedias, phone books, and subject matter experts on just about everything. Many of our families today are young and new to the service. It's

hard to know where to find things, who to talk to, and where to go to get things done. The Ombudsman is that source for information and referral. Because Ombudsmen volunteers have lived through many of the challenges of deployments, first-term family issues, and the lot, they usually know about all the ins and outs about a variety of programs and services Navy families can take advantage of.

Our Navy Ombudsmen also serve as that little whisper in the leadership's ear when it comes to promoting the welfare and morale of the families.

The command mission is essential and requires a Sailor ready to show up and work. This is accomplished with the assistance of our volunteer Ombudsmen. If Sailors are worried about home instead of the mission, that's when mistakes and accidents could happen. The command

Ombudsman helps us focus on the mission without being overwhelmed with family-related problems.

But it's not all phone numbers, newsletters, and exchange hours. Ombudsmen have had to deal with very real and very serious problems. They face the brunt of someone's anger and frustration simply because they are the only ones there. They have to take the 2 a.m. phone calls about a medical emergency or death in a family.

After 35 years, today's Ombudsman continues to be a well trained volunteer whose goal is only to help. They are constantly upgrading their skills and training through local and Navywide programs, and they exhibit a standard of excellence and professionalism that I consider vital to the well being of all our Navy families – most especially during deployments.

As the Pacific Fleet Master Chief, I would like to add my voice to the many others this Sept. 14 to say thank you for everything that our Ombudsmen do. It is certainly no secret that our Navy could not do everything we've been called on to do these last few years without you. So a big "HOO-YAH" and "Happy Birthday" to Ombudsmen across the Navy; without you none of us could do our jobs nearly as well.

For the Pacific Fleet Master Chief tip of the week I recommend Navy families take a look at the following websites to assist you in your transition to the Navy or just to see all the great things that are available to you:

BUPERS Main Website
<<http://www.npc.navy.mil/channels>>
Navy Lifelines Website
<<http://www.lifelines.navy.mil/>>
The Lifelines Family Line news site
<<http://www.lifelines.navy.mil/Familyline>>
Navy Fleet and Family Support website
<<http://www.ffsp.navy.mil/>>
BUPERS Family Support Website
<<http://www.npc.navy.mil/CommandSupport/FieldSupport/>>.

CNO calls for new definition of sea power

Chief of Naval Operations Public Affairs

Chief of Naval Operations (CNO) Adm. Mike Mullen told students and faculty at the Naval War College during a visit there Aug. 31 that the Navy needs to take a fresh look at sea power to better meet the challenges of the 21st century.

"We have a pretty good idea of what we can't do without [sea power], but do we really know all the things that we can accomplish with it?" Mullen asked the audience.

"We need a new - or as you will see, maybe a not-so-new, but very different - image of sea power."

Mullen began his comments by expressing his sympathy for all those hit hard by Hurricane Katrina. "I would just like us all to keep it in our thoughts and prayers, all those people who are suffering right now from Katrina," he said.

"Over the last 24 hours we have

deployed a number of units, a number of capabilities - and again, this is a team effort; we're not alone in that regard - to be able to both assess and respond," CNO added.

Mullen said that when he came into the Navy, it was all about "big ships and blue water, training for the big fight, training to fight the big bad 10-foot-tall Soviets." Today, however, "we face entirely new challenges, the likes of which we couldn't have even imagined just a few short years ago," Mullen said.

As 70 percent of the world's surface is covered by water, and more than 50 percent of the world's population lives within 16 miles of the shore, "without mastery of the sea - without sea power - we cannot protect trade, we cannot help those in peril, we cannot provide relief from natural disaster, and we cannot intercede when whole societies are torn

asunder by slavery, weapons of mass destruction, drugs and piracy," Mullen stressed.

Sea power today, according to Mullen, must also include providing medical assistance, infrastructure repairs, intercepting drug shipments and pirates, providing port security, operating with international naval forces, as well as the U.S. Drug Enforcement Agency, Federal Bureau of Investigation, and Border Patrol.

He pointed to the international relief efforts in Indonesia after the devastating tsunami in December 2004 as an example of how the sea can be used to foster security and build lasting relationships.

"We literally built a city at sea for no other purpose than to serve the needs of other people," he said. "That was the Sea Base during those critical days, when the entire world rushed to reach suffering

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

Task Force Uniform wear test extended to Oct. 31

From Task Force Uniform Public Affairs

Task Force Uniform (TFU) announced Aug. 31 that Chief of Naval Operations (CNO) Adm. Mike Mullen has authorized wear-test participants of Task Force Uniform the continued use of their concept uniforms through Oct. 31.

The purpose for the extension is to allow Sailors in the fleet two more months of interaction with the wear-test Sailors and their uniforms as the fleetwide survey continues on BUPERS Online at <www.bol.navy.mil>.

TFU Command Master Chief (SS) Robert Carroll said there are still many Sailors in fleet concentration areas who haven't had the opportunity to view the uniforms in person or speak with the Sailors wearing them.

"Not only does the extension give Sailors that additional opportunity, but wear-test participants have been requesting the extension so they could wear the concept uniforms until the fall uniform shift," said Carroll.

Service uniform wear-test participants who are selected for chief petty officer may only continue to participate until they are pinned, Sept. 16. Navy Working Uniform participants will continue to wear their



A Sailor stands at attention as she models the khaki option of the year-round uniform for Sailors E-6 and below. (Photo by JO2 Brandon W. Schulze)

concept uniforms as chief petty officers after changing their collar insignia.

Carroll said he plans on continuing the fleetwide online survey until Sept. 30, or until at least 30,000 Sailors have responded.

Once the survey phase is complete, information will be compiled and sent to the CNO for a final decision.

"If a decision is made to go to a service or working uniform similar to the concept designs," said

Carroll, "It would likely take 18 to 24 months before Sailors would start seeing the uniforms available for purchase."

Sailors can also expect to see focus groups taking place in a variety of regions over the next month, as Carroll said he plans on visiting commands stateside and overseas to discuss the experiences of wear-test participants, observations and the comments they've received from others.

To complete the fleetwide survey, visit BUPERS Online at <www.bol.navy.mil>.

For related news, visit the Task Force Uniform Navy NewsStand page at <www.news.navy.mil/local/tfu/>.

Katrina, from Page 1

In Lafayette, La., the 615th Contingency Response Wing, from Travis Air Force Base, Calif., was working to reopen the regional airfield as a potential staging area for incoming cargo and troops, Air Force officials reported.

A U - 2 surveillance and reconnaissance aircraft from Beale Air Force Base, Calif., flew over the region to take high-resolution photos to help FEMA assist with disaster-relief efforts.

The media processing facility at Wright-Patterson Air Force Base, Ohio, the only U.S. government facility dedicated to processing and duplicating U - 2 imagery, is processing the imagery, Air Force officials said.

Woods said she expects NORTHCOM's supportive role to Hurricane Katrina to continue to grow as requirements increase for temporary housing and medical support for victims.

"We think the sustainment mission is just beginning," she said.

Meanwhile, Army and Air National Guard members operating under their state governors' authority continued to make up the biggest

percentage of the DoD response to Hurricane Katrina.

The Guard presence in Louisiana, Mississippi, Alabama and Florida jumped to 15,000 troops today, a number of National Guard Bureau officials confirmed will double in the days ahead.

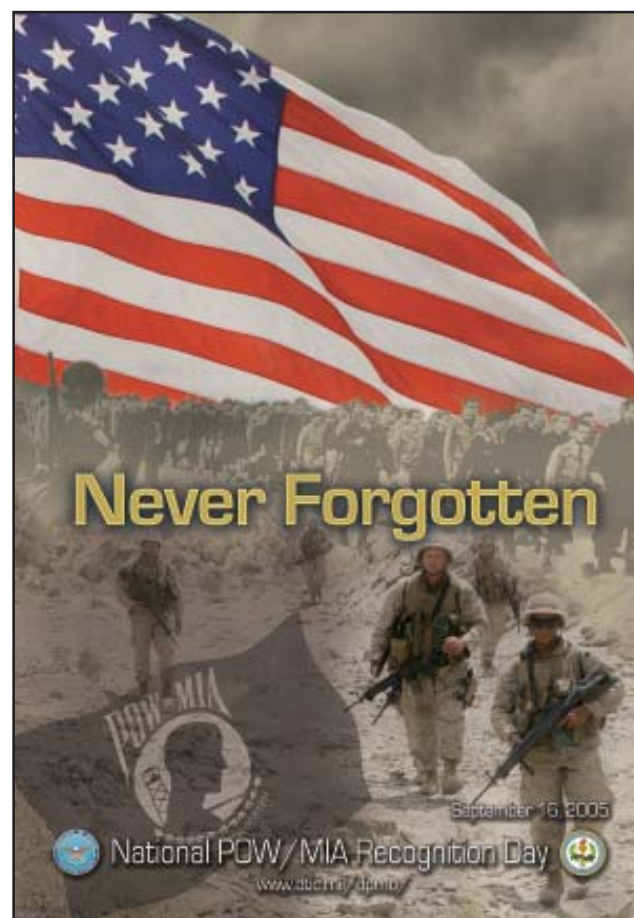
These troops are assisting in missions ranging from assisting law-enforcement agencies with traffic control and security, transporting and distributing food, water and ice, conducting searches and rescues, providing generator support and carrying out other missions to protect life and property, National Guard Bureau officials said.

More than 320,000 National Guard soldiers and airmen from every state, as well as their equipment, are available to support emergency operations if needed, thanks to formal agreements between state governors, officials said.

For more Department of Defense news, visit <www.defenselink.mil>.

For more news from around the fleet, visit <www.navy.mil>.

For the latest on Hurricane Katrina relief efforts, visit <www.navy.mil/local/hurricane>.



Juneau's firefighting team receives top honors at TRAV

PC1 Nathaniel E. Pleasantbey
USS Juneau Public Affairs

More than 400 Sailors from USS Juneau (LPD 10) met the challenges imposed by the Afloat Training Group Western Pacific (ATGWP) firefighting facility August 5-20 during an annual training availability (TRAV) period in Yokosuka.

The instructors and facilitators, put the Mighty J's slogan of "One Team One Fight" to the test. The crew responded by setting a new record in performance evaluation by scoring 57 points out of 60.

The \$80 million ATG Western Pacific firefighting facility features state-of-the-art equipment for training in a monitored controlled environment. The instructors provided training in all areas of firefighting, shoring, pipe patching, Oxygen Breathing Apparatus (OBA)/ Self-Contained Breathing Apparatus (SCBA) use, and other repair locker fundamentals.

Juneau Sailors have greatly benefited from this TRAV period and the ship met

all of its training objectives according to Lt. Andrew R. McGuire, Juneau's training officer.

"These training scenarios and experiences give our Sailors something we cannot do on the ship without suffering an actual casualty," McGuire said. "We can teach them the academics and run them through the drills with Damage Control Training Team (DCTT) members waving red rags about, but until you send someone into a smoke-filled and confusing environment with live fires in 700-degree heat, they really don't develop a feel for it or understand the true dynamics that uncontrolled fires possess."

"We have an incredible opportunity for learning and honing our skills by training here in Yokosuka and we were very fortunate that the CFAY crew were able to fit our Sailors into their hectic schedule," McGuire added. "TSD/ATGWP (Training Support Detachment Western Pacific/Afloat Training Group Western Pacific), CSCS (Center for

Surface Systems) and the base fire department all contributed to helping us complete this TRAV period and we'd like to extend a hearty thank you to them all for their professionalism and for accommodating us."

The main purpose of the TRAV is to enable Juneau's crew to become better Sailors and to learn the skills that are required to save the ship in the event of a casualty," said Chief (select) Machinist's Mate (SW) Lawrence C. Readous. "It is also a cost-effective way to train. By having our Sailors attend the various schools at CFAY simultaneously we can ensure that the 'Mighty J' has the required qualifications and Naval Enlisted Classification codes (NEC) for future operations.

"The various teams, some numbering over 25 personnel, covering areas ranging from Boating Safety, to Celestial Navigation, to Firefighting and Damage Control, all received their training without having to pay the cost of over 400 airline tickets or file for travel claims to Yokosuka

from Sasebo," said Readous.

Aviation Boatswain's Mate (Handling) First Class (AW/SW) Roger Mendoza, an ATGWP instructor, said that the Juneau Sailors were focused during training.

"Juneau Sailors have been the best group we have had come through here in recent memory," said Mendoza. "The repair lockers are small, but well suited to their command. They really surprised us with their level of knowledge. I am certain they will take back what we've given them here at ATGWP and make the difference if they have to in an emergency situation."

"Coming to Yokosuka and doing the TRAV was a lot of work, but also a lot of fun," said Damage Controlman Second Class (SW) Steven M. McNeil, repair five locker leader. The Milton-Freewater, Ore., native added that the training felt very real. "We all had the chance to show the evaluators what we were made of. Fire aboard a ship can happen anytime. Being prepared is a big factor in our job. We always have to be ready."

Safeguard added to Navy’s Retention Honor Roll

JOSN Adam R. Cole
Task Force 76 Public Affairs
USS Safeguard (ARS 50) Public Affairs

Task Force 76’s rescue and salvage ship, USS Safeguard (ARS 50), was added to the Commander, Pacific Fleet (COMPACFLT) Retention Honor Roll for Fiscal Year 2005 third quarter in late August. This honor is a testament to the pride that Safeguard Sailors have for their ship and for serving their country.

The award is given to ships that have high re-enlistment and low attrition in their class of ship. From April to August, Safeguard re-enlisted 11 Sailors, many during the Cooperation Afloat Readiness and Training (CARAT) 2005.

“It’s a privilege to be on the Pacific Fleet Retention Honor Roll,” said Lt. Cmdr. Doyle Hodges, Safeguard’s commanding officer. “Safeguard is blessed with an incredibly talented team of Sailors, and it’s terrific to see so many of them deciding to continue to develop their talents in the Navy.”

Hodges noted that the award is a testament to the professional and dedicated Sailors onboard Safeguard.

“I think the retention award is a tribute to the example set by our shipboard leaders—LPO’s, first classes and chiefs,” said Hodges. “Our Sailors see what those leaders are doing and want to do the same great job themselves one day.”

However, Safeguard Sailors bestow the credit to

Hodges for the ship’s overall high morale level and retention rate.

“We have a great CO who encourages us to have fun while working hard,” said Information Technician First Class (SW) Arielle Decastro, Safeguard’s career counselor. “For him, it’s like every evolution here is a cool thing that demands respect. I believe everyone enjoys working for him. He has a very positive attitude that flows through the wardroom and CPO mess therefore creating a happy environment for us all in Safeguard.”

“The hard-chargers here get recognized for their contribution to the ship and U.S. Navy as a whole,” said Decastro.

Safeguard is considered a small ship by naval standards and has a crew of about 90 members. This gives the close-knit crew of Sailors, a strong sense of community and ownership when it comes to their ship.



USS Safeguard (ARS 50) was recently added to the Commander, Pacific Fleet (COMPACFLT) Retention Honor Roll for Fiscal Year 2005. (Released by CFAS Public Affairs)

“It’s a small close crew, everyone has to pull their own or the whole team suffers, so there is a lot of satisfaction in knowing you matter that much,” said Engineman Second Class (SW) Jon M. Fritzges.

Safeguard held a somewhat unusual re-enlistment for Engineman Second Class Sang Lee on May 21. For his special day, Lee requested that the ship’s crew wear as many different uniforms as possible. The crew obliged, as individuals donned dress blues, dress whites, fire gear, dive suits and much more.

Lee’s re-enlistment was just another day on Safeguard, where good times often fit in nicely with

hard work and rewards.

USS Safeguard (ARS 50) is a forward deployed rescue and salvage ship operating out of Sasebo and is part of Task Force 76, the Navy’s only forward deployed amphibious force.

DoD establishes new health transformation office

Special release from the U.S. Department of Defense

The Department of Defense announced Aug. 31 that the deputy secretary of defense has chartered the Military Health System (MHS) Office of Transformation.

The office, directed by Rear Adm. John Mateczun, will provide policy guidance and direction for units responsible for implementing base realignment and closure actions, medical readiness review initiatives and

local authorities working group recommendations.

“This new office will support a progressive agenda for change in the Military Health System,” said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. “I look forward to the positive impact this important office will have on the future success of the MHS.”

The MHS recently implemented a new finance system, a new pharmacy formulary and other new business practices to improve efficiency and effectiveness

throughout the entire organization.

The transformation office will accelerate development of capabilities at the local command level and will help remove barriers and regulatory controls that inhibit flexible management of human resources, procurement and facilities.

Mateczun currently serves as the deputy surgeon general of the U.S. Navy.

For more Department of Defense news, visit <www.defenselink.mil>.

NMCRS offers assistance to hurricane victims, families

Kelley Finch
Navy/Marine Corps Relief Society

The Navy and Marine Corps Relief Society (NMCRS) is not sending anyone to the Gulf Coast for the following reasons: (1) Many, in fact most, places are not accessible, (2) There is no food, water, electricity, or place to stay (3) There is also no gas. The President, state governors, Federal Emergency Management Agency (FEMA), American Refugee Committee (ARC) and base commanders are saying, “Please do not come.” We and the other aid societies are respecting these requests.

If servicemembers want us to help their family (parents, spouse or children) they should go to the nearest Navy-Marine Corps Relief Society and complete a Pre-Authorization Form. It will take less than

30 minutes to complete the form and have it entered into our database.

Once they get in touch with their family in the US, they should tell them to go to the nearest relief organization (American Red Cross; Air Force Aid; Army Emergency Relief; Coast Guard Mutual Assistance). The relief orgaization will contact NMCRS headquarters, which will look in our data base for the service member’s pre-authorization.

The Navy-Marine Corps Relief Society staff is sincerely concerned for the safety and welfare of our Sailors, Marines and their families whose jobs have them in the Gulf Coast. In the wake of Hurricane

Katrina, the Society has established special accounts to track charitable contributions and disbursements to ensure that funds donated for this purpose are used to provide financial

support to the families impacted by the hurricane.

The Society has offices in New Orleans, Gulfport, Pascagoula, Pensacola and Meridian. Our staff members helped families with funds for evacuation prior to the storm and now have begun the longer-term process of helping to meet the needs of many families who will be displaced during the days, weeks and months ahead.


These families may seek and receive financial assistance at our offices in Pensacola, Meridian, Ft. Worth, Memphis and at American Red Cross Offices or our sister relief agency (Air Force Aid Society, Army Emergency Relief, and Coast Guard Mutual Assistance) offices throughout the region.

Individuals, organizations and corporations wishing to make a donation to help these families may visit our web site, <www.nmcrs.org>, or send a check payable to NMCRS (or Navy-Marine Corps Relief Society) and mail it to our headquarters address: 875 North Randolph Street, Suite 225, Arlington, VA 22203. In the lower left corner of the check, please annotate ‘Hurricane Katrina Relief.’

All donations will be acknowledged and we appreciate the benevolence of patriotic Americans across the nation.

The Society is not in a position to accept donated articles of clothing, bottled water, canned food or other items of substance. Such contributions are being coordinated by FEMA. You may call them at (202) 646-4600.





ICE

WHAT: The Interactive Customer Evaluation (ICE) is an internet-based customer comment card system that allows you as a member of the DoD community to rate products and services provided by DoD offices and facilities worldwide. Your comment card ratings are used to improve the products and services available to you.

WHO: Anyone with a suggestion or a comment on the service they received.

HOW: Access the ICE website at www.cfis.navy.mil and click on the ICE icon.

WHY: Your comments and concerns assist in focusing improvements to services delivered to you.

WHEN: Anytime

For more information, please contact CMDR. H.E. Ramard, CFAS Command Chaplain at 252-3380.

Paintball enthusiasts have many opportunities this month to enjoy speedball and ambush competition at Sakibe Field. Sakibe Field, just a short distance from Main Base, offers a wide range of activities and training opportunities, with lots of natural objects for participants to use in competition. September paintball sessions are available on Sunday, Sept. 11, 18 and 25 from 10 a.m. to 2 p.m. Cost is only \$25 per person. For more information, call 252-3500.

The band Odisea is scheduled to perform a free show at Galaxies on Thursday, Sept. 15. Showtime is 8 p.m. Odisea plays Latin and American style music including Latin Jazz, Cumbias, Boleros, Tex-Mex and other varieties. For more information, call 252-2980.

All hands over the age of 18 are invited to join in the fun as the Sailing and Outdoor Recreation Center presents "Outback BBQ – Australian Style" on Friday evening, Sept. 16 at OREC. The fun, food and beverages get underway at 6 p.m. Enjoy BBQ ribs on the Barbie, bloomin' onions, walkabout meat pie, boomerang cornbread and much more. Games and music round out the festive events. Advance tickets are now on sale for only \$13 (\$15 at the door).

Travel & Tours has arranged for a romantic getaway like no other for you and your loved one. They call it the "Romantic Resonate Experience" at the Resonate Club Kuju. The package includes transportation, guide, hotel room at the beautiful Resonate Club Kuju Hotel, dinner and all entrance fees. You'll enjoy a romantic setting with a fine restaurant, excellent shopping, relaxing hot springs and more. It's an experience you will enjoy and remember for many years to come. The Travel & Tours adult's only special package tour is scheduled for Friday, Sept. 16 and Saturday, Sept. 17. Cost is only \$155. Log on to <<http://www.resonate.co.jp/>> for a visual tour of this fabulous 'romantic experience.' For more

Sign up today for a trip to the Space World Amusement Park in Kitakyushu City, Fukuoka on Saturday, Sept. 17. Space World is a great theme park totally focused on space. They have a wide variety of exciting rides for you to enjoy, from roller coasters to running the rapids, plus a great area for the little ones called 'Lucky Land' with costumed characters from Space World waiting to greet them. The cost (including transportation and a one-day pass) is only \$30 for adults, \$20 for children 4-11 and \$5 for youngsters 3 and under. For more information, call 252-3433.

Nationally known comedians Ray Barnett and Martin Walsh will fill the Harbor View Club with laughter on Tuesday, Sept. 20. The free show is scheduled to begin at 8 p.m. Food and beverage service will be available throughout the show. The thing that makes any comedian successful is the ability to connect with an audience. It's the quality of sharing the humor in everyday situations, which people can relate to, that has made Barnett one of the funniest young acts in comedy today. Houston, Texas, where Barnett began his career in comedy, was also the starting point for fellow comedians Sam Kinison, Bill Hicks and Brett Butler to name a few. Barnett has worked with many national headlining comedians such as Pauly Shore, Bruce Baum, Joe Rogan (Fear Factor), Victoria Jackson (SNL), Dave Chapelle, Kathleen Madigan and Dave Attell (Insomniac). He has participated in five U.S.O. tours to date with performances in Korea, Okinawa, Guam, Italy, Germany, Sicily, Amsterdam and Bahrain. For more information about the free show, call 252-3965.

The world famous alternative rock band Everclear will appear live, in person at Nimitz Park on Sunday, Sept. 25. The free show will open with a performance by the band 6-1-9 at 3 p.m. followed by Everclear at 7 p.m. Everclear's grunge-punk style was nothing new when the band started generating interest in the mid 90's with solid songs that quickly climbed to the top of the charts. Soon Art Alexakis' timely lyrics were heard loud and clear and loved by screaming teens all across America as the band toured relentlessly from coast to coast. Sparkle and Fade, their second album, soon followed. It was played extensively on alternative radio, highlighting singles "Santa Monica" and "Heroin Girl."

Schedule for September 9 - 18

SHOWBOAT

Telephone: 252-3822

FRIDAY, SEPTEMBER 9

6:30 p.m. (PG-13) • * The Bad News Bears
9:30 p.m. (R) • * Wedding Crashers
Midnight (PG-13) • Stealth

no premiere

SATURDAY, SEPTEMBER 10

6:30 p.m. (PG-13) • The Bad News Bears
9:30 p.m. (R) • Wedding Crashers
Midnight (R) • George A. Romero's
Land of the Dead

SUNDAY, SEPTEMBER 11

6:30 p.m. (G) • Herbie: Fully Loaded
9:30 p.m. (R) • Wedding Crashers

MONDAY, SEPTEMBER 12

8:30 p.m. (PG-13) • The Bad News Bears

TUESDAY, SEPTEMBER 13

6:30 p.m. (R) • Wedding Crashers

WEDNESDAY, SEPTEMBER 14

6:30 p.m. (PG-13) • The Island

THURSDAY, SEPTEMBER 15

6:30 p.m. (G) • Herbie: Fully Loaded

FRIDAY, SEPTEMBER 16

6:30 p.m. (PG) • Charlie and the
Chocolate Factory
9:30 p.m. (R) • Hustle and Flow
Midnight (PG-13) • The Island

no premiere

SATURDAY, SEPTEMBER 17

6:30 p.m. (PG-13) • Dark Water
9:30 p.m. (R) • Hustle and Flow
Midnight (R) • George A. Romero's
Land of the Dead

SUNDAY, SEPTEMBER 18

6:30 p.m. (PG-13) • Stealth
9:30 p.m. (R) • Hustle and Flow

THE BAD NEWS BEARS (PG-13)
Starring: Billy Bob Thornton, Greg Kinnear, Marcie Gay Harden, Timmy Lott and Sammi Kane Kraft
Morris Buttermaker, a former pro baseball player, was ejected from the game for attacking an umpire and now works as an exterminator. More interested in boozing and brooding than baseball, Buttermaker is lured back into the game by Liz Whitewood, an attorney whose class action suit has forced the Little League to accept all players, regardless of their abilities. As the new coach of the Bears, the most losing team in Little League history, Buttermaker has his work cut out for him. Initially, he's only in it for the paycheck, but he and his inept players have a transformative effect on one another that is wholly unexpected, and completely remarkable.

THE ISLAND (PG-13)
Starring: Ewan McGregor, Scarlett Johansson, Dyanne Furusato, Sean Bean and Steve Buscemi
Lincoln Six-Echo is a resident of a seemingly utopian but contained facility in the mid-21st century. Like all of the inhabitants of this carefully controlled environment, Lincoln hopes to be chosen to go to the "The Island," reportedly the best uncontaminated spot on the planet. But Lincoln soon discovers that everything about his existence is a lie. He and all of the other inhabitants of the facility are actually human clones whose only purpose is to provide "spare parts" for their original human counterparts.

CHARLIE AND THE CHOCOLATE FACTORY (PG)
Starring: Johnny Depp, Freddie Highmore, Genevieve Kelly, Helena Bonham Carter and Deep Roy
Charlie Bucket, a boy from an impoverished family under the shadow of a giant chocolate factory, wins a candy bar contest and is given a tour, along with four other children, of the amazing factory run by the eccentric Willy Wonka and his staff of Compa-Loompas.

STEALTH (PG-13)
Starring: Josh Lucas, Jessica Biel, Jamie Foxx, Joe Morton and Richard Roxburgh
Deeply reconnoitered in a top-secret military program, three pilots struggle to bring an artificial intelligence program under control ... before it initiates the next world war.

HARIO VILLAGE

Telephone: 252-8753

FRIDAY, SEPTEMBER 9

6:30 p.m. (PG-13) • Dark Water
9:30 p.m. (PG-13) • The Island

SATURDAY, SEPTEMBER 10

2 p.m. (PG) • Rebound
6:30 p.m. (PG) • Charlie and the
Chocolate Factory
9 p.m. (PG-13) • Dark Water

SUNDAY, SEPTEMBER 11

2 p.m. (PG-13) • The Dukes of Hazzard
6:30 p.m. (PG-13) • The Island

THURSDAY, SEPTEMBER 15

6:30 p.m. (PG-13) • The Island

FRIDAY, SEPTEMBER 16

6:30 p.m. (PG-13) • The Bad News Bears
9:30 p.m. (R) • Wedding Crashers

SATURDAY, SEPTEMBER 17

2 p.m. (PG-13) • The Bad News Bears
6:30 p.m. (R) • Wedding Crashers
9 p.m. (PG-13) • The Island

SUNDAY, SEPTEMBER 18

2 p.m. (G) • Herbie: Fully Loaded
6:30 p.m. (R) • Wedding Crashers

FEATURED PREMIERE

Wedding Crashers

(R)

Vaughn and Wilson star as a pair of divorce mediators who spend their weekends crashing weddings in a search for Mr. Right... for a night. But when one of them falls for the engaged daughter of an influential and eccentric politician at the social event of the year, they get roped into spending a weekend at the family's palatial waterfront estate and quickly find themselves in over their heads.

STARRING:
Owen Wilson
Vince Vaughn
Christopher Walken
Rachel McAdams & Isla Fisher

LIFE'S A PARTY. CRASH IT.

THIS SUMMER

Regarding users of cell phones, studies have been done which measured the RF radiation on cell phones in cars. The power levels at the antenna are lower than that found in two way radios used in police cars, ambulances and taxi cabs. It was found that cell phone users are exposed to lower levels of RF radiation when antennas are attached to the outside of the car. When the antenna is attached to the cell phone itself, the user is obviously much closer to the transmission of energy waves and has greater exposure. But, that exposure has not been shown to be harmful. One reason being that the energy level is low. Another reason is that people are not using a cell phone for hours at a time: exposure is usually measured in minutes. However, to minimize exposure to RF radiation, cell phones in cars should have exterior antennas (as opposed to the antenna being attached to the phone) that are mounted on the roof or the trunk of the car (as opposed to a window).

ONE FREE MOVIE!
with the new MWR
CINE-PASS

Receive one stamp for each movie admission.
Collect 7 stamps, your 8th movie is FREE!

ON SALE NOW!

Cine-Pass
available for purchase at:

- Showboat Theater
- Hario Theater
- Travel & Tours Office

For more information, call 220-2960.

Great Gift Giving Idea!

1. All sales are final. No refunds.
2. Passes will be valid for 1 year.
3. This coupon is valid for multiple admissions.
4. A child's CINE-PASS cannot be used on an adult's admission.
5. Admissions to benefit from seating restrictions.
6. Any card purchased from unauthorized, unaffiliated or illegal outlets will not be accepted.
7. This coupon has expiration date.
8. No cashback, transfers, payments, substitutions or credits are allowed in the theater.
9. No cashback, transfers, payments, substitutions or credits are allowed in the theater.
10. CINE-PASS is not valid at the Showboat & Village Theater.

Main Base/Hario Teen Centers
propose hours change

MWR is looking for community feedback regarding a proposal to change the current hours of the Hario and Main Base Teen Centers. Contact MWR with any feedback or suggestions you may have.

Current hours	Proposed hours
Main Base Teen Center Mon - Thurs. 3 - 6 p.m. Fri. and Sat. 3 - 11 p.m. Sun. Closed	Main Base Teen Center Mon - Thurs. 3 - 6 p.m. Fri. and Sat. 3 - 8 p.m. Sun. - Closed
Hario Teen Center Mon - Thurs. 3 - 8 p.m. Fri. and Sat. 4 - 8 p.m. Sun. Noon - 5 p.m.	Hario Teen Center Mon - Thurs. 3 - 8 p.m. Fri. 4 - 8 p.m. Sat 3 - 8 p.m. Sun. - Closed
Hario/Main Base Pre - Teen Center Mon - Thurs. 3-8 p.m. Fri. and Sat. 3-8 p.m. Sun. - Closed	Hario/Main Base Pre - Teen Center Mon - Thurs. 3 - 6 p.m. Fri. and Sat. 3 - 8 p.m. Sun. - Closed

CNO, from Page 2

people in the midst of unthinkable devastation.”

Sea power is “not just a force to wage war...but a force to wage peace as well,” he continued.

The ability of the U.S. Navy to influence events is at its highest ever, Mullen said. “We are the most

force. We’re going to have one.”

The time has come for the Navy to look at sea power as a team effort, not just with the Marine Corps and Coast Guard, but also with international maritime relationships based upon “understanding and trust, enduring relationships that bloom into partnerships,”



Chief of Naval Operations Adm. Mike Mullen delivers remarks to students of the Navy War College in Newport, Rhode Island. Located on Coasters Harbor Island, the Navy War College serves as the premier center of strategic thought and national security policy innovation for our Navy and our nation. (U.S. Navy Photo by PHC Johnny Bivera)

ready we have ever been, and our Sailors are the best trained and most highly skilled warriors I have ever seen.”

He credited his predecessor, Adm. Vern Clark, for getting the Navy into the shape it is in today. “Now it’s my responsibility to make sure we don’t squander that readiness for the future,” he said. “I have spoken with thousands of Sailors recently. Their eyes sparkle, they are eager, ready and they are executing the mission.”

Mullen also stressed the need to build naval capabilities for littoral warfare.

“I want the ability to go close in and stay there,” Mullen said. “I believe our Navy is missing a great opportunity to influence events by not having a riverine

Mullen concluded.

“As we build upon ideas like Theater Security Cooperation, the Proliferation Security Initiative, the Regional Maritime Security Initiative, we find that every nation has a stake in security, and a distinct, unique capability - as well as a great desire - to contribute.”

Mullen called for something akin to a “1,000-ship Navy,” where ships of navies from around the world cooperate and operate routinely with one another.

“We need to be a team player, a leader, for that 1,000-ship navy and a citizen in good standing for the city at sea,” he said.

COMMAND
CONNECTION

EVERY TUESDAY
5:30 – 6 P.M.



Back to school tips for selecting an ideal backpack

Winky White
CNFJ Safety Department

A child’s backpack should weigh no more than 15 to 20 percent of the child’s body weight.

Backpack-related injuries in children

Overloaded backpacks used by children have received a lot of attention from parents, doctors, school administrators and the media in the past several years. According to the U.S. Consumer Product Safety Commission there were more than 21,000 backpack-related injuries treated at hospital emergency rooms, doctors’ offices, and clinics in the year 2003. Injuries ranged from contusions, to sprains and strains to the back and shoulder, and fractures.

“Back pain in children is not so uncommon anymore,” according to John Purvis, MD, pediatric orthopaedic surgeon. “Orthopaedic surgeons nationwide have seen an increase in children visiting their offices complaining of back and shoulder pain. If a child complains of back pain, parents should

consider that it might be due to the backpack or perhaps something more serious. Back pain that persistently limits a child’s activities, requires medication or alters sleep patterns warrants investigation.”

The American Academy of Orthopaedic Surgeons recommends that a child’s backpack should weigh no more than 15 to 20 percent of the child’s body weight.

This figure may vary, however, depending on the child’s body strength and fitness.

While some experts disagree on whether heavy backpacks are the source of back pain in children, most agree that using good judgment when wearing one will reduce the risk of backpack-related injuries. It is important to partner with your child on the selection, packing and caring of the backpack.

Tips for safe backpack use

Wear both straps.

Use of one strap shifts the weight to one side, causing muscle spasms and low back pain. This is true even with one-strap

backpacks that cross the body. By wearing two shoulder straps, the weight of the backpack is better distributed, and a well-aligned symmetrical posture is promoted.

Wear the backpack over the strongest mid-back muscles

The size of the backpack should match the size of the child. It is also important to pay close attention to the way the backpack is positioned on the back. The backpack should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and permit free movement of the arms. Make sure that the straps are not too loose and that the backpack does not extend below the low back.

Lighten the load

A heavy backpack forces the wearer to bend forward. Choose to carry only those items that are required for the day. Each night remove articles that can be left at home. When organizing the contents of the backpack, place the heaviest items closest to the back to

reduce kinetic forces that cause postural malalignment and overwork muscles.

Use proper lifting techniques

Bend at the knees and use your legs to lift the backpack placing one shoulder strap on at a time.

Tips for selecting a backpack

Choose ergonomically designed features that enhance safety and comfort. A padded back to reduce pressure on the back, shoulders and under arm regions, and enhance comfort.

Hip and chest belts to transfer some of the backpack weight from the back and shoulders to the hips and torso. Ensure there are multiple compartments to better distribute the weight in the backpack, keep items secure and ease access to the contents.

Compression straps on the sides or bottom of the backpack to stabilize the articles and compress the contents so that the items are as close to the back as possible.

Reflective material to enhance visibility of the child to drivers at night.

7

Sasebo

SOUNDINGS

CLASIFIEDS

VEHICLES

(Exp. Sept. 24) **1997 Nissan Prarie Joy**. 102,000 km (65,000 miles) Power windows, power locks, 2 sunroofs, AM/FM/CD/ cassette, fog lamps, great A/C. Seats seven with fold down third row. JCI '07. \$2,500 (OBO). Call evenings at 090-5732-7959.

(Exp. Sept. 24) **1993 Mitsubishi RVR 4x4**. JCI '06. Automatic, A/C, new brakes, tires and timing belt. \$1,500 (OBO). Call Mark at 252-6544 or 252-3375, or e-mail at <sdjver@yahoo.com>.

(Exp. Sept. 24) **1996 Toyota Corona Premio**. 81,000 km (51,000 miles). Great shape. Power windows, remote locks, AM/ FM/cassette, great a/c. JCI '07. \$2,500 (OBO). Call evenings 090-5732-7959.

(Exp. Sept. 17) **1988 Mitsubishi Pajero**. 4WD, Air conditioning, 5 speed manual, new 16" tires, power windows, AM/FM/CD, \$2500 (OBO), Extremely reliable. Call 090-9075-8193 or 252-2215.

(Exp. Sept. 17) **1993 Mitsubishi Mirage**. Air conditioning. JCI April 2006. New tires, runs great, \$450. Call Nicole at at 090-6895-0850.

(Exp. Sept. 17) **1994 Honda Prelude**. JCI- Mar. '07. 5 speed, cold a/c, cd/mini disc player, 17" rims. \$2,000 (OBO). Call David at 252-8164.

(Exp. Sept. 17) **1992 Mitsubishi Pajaro**. JCI- May '07. New batteries and tires. Turbo timer, 4 wheeled diesel, excellent family car, and very cold a/c. \$3,500 (OBO). Call at 252-7280 or 090-6638-9162.

(Exp. Sept. 17) **1996 Honda Saber**. JCI- Sep. '07. New tires. Contact Chris at 090-3664-6184 ir 252-8363.

(Exp. Sept. 17) **1994 Mitusbishi RvR (4X4)**. JCI- Aug. '07. New tires, brakes, engine seals, transmission etc. Excellent shape. Fantastic family vehicle. Must sell ASAP X-fer to USA Sept. \$2,500 (OBO). FMI contact 252-8167 leave message.

(Exp. Sept. 17) **1993 Toyota Starlet**. JCI '07. 4 door hatchback, new brake and belts. Great A/C, good tires and runs great. \$1,500 (OBO). Call 252-7409 after 5 p.m. or 090-8390-0483.

(Exp. Sept. 17) 4 full sets of dive gear. Includes BC, regulator w/ guages, weight belt and tank, \$400 (each). Surfboard (9'6") Hurley longboard in great shape, \$400. Call 090-9791-6763.

MISCELLANEOUS

(Exp. Sept. 17) Black and gray nightstand with two drawers. Good condition, \$10. Rainbow railed toddler bed with mattress, \$15. Toddler car seat, \$5. Potty trainer, \$3. Barbie 4x4 wheeler, battery charged and suitable for ages 2 - 5, \$50. Call 080-3223-9162 or 252-8555.

(Exp. Sept. 17) Black finished bunkbed w/ mattress (lighted study table under)- \$75. All glass dining table w/ six charis \$200. Black CD/DVD stand \$25. Call at 090-5480-0497 or 252-7267.

(Exp. Sept. 17) Phone rights for sale \$250, free hamster complete with cage, food, wood shavings and accessories. Please call at 252-8284.

(Exp. Sept. 17) Skyperfect, \$60. Call 252-8355.

HOME BUSINESS

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 for more information.

Tobacco Cessation. Kick the habit. Begin your independence from tobacco (cigarettes, dip, snuff) and enjoy better health and more money in your pocket. Where: Training Room B, second floor, Public Works, (Bldg. 200). When: 1400-1530 Tuesdays in September 6th, 13th, 20th, 27th (Must attend all four). How: call the appointment like

at 252-2550 to sign up. Poc: LT Reese, Naval Branch Health Clinic 252-2551.

Parlez-vous Francais? Well I do! If you want to practice your French or learn French, private or group lessons ok. Call 252-8623, or 090-1763-2523.

Experienced in teaching English to children and adults. Private and group lessons available. Call 252-8623.

Part-time daycare services needed for active duty single parent of 6 yr. old boy. Reliable person needed for 24 hour duties and occassinal TAD's. Will discuss payment. Please contact Brenda Gonzales at 09017670359 or 252-2587

English teacher for all ages. Holds a Bachelor's degree, trained in tutoring English. Flexible hours. Please call Rebecca at 090 3736 5393.

English lessons offered. Can give in my home or yours. Very flexible. Call 080 3432 6967.

New English instructor in Sasebo. Holds Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now! 080 3223 9162 or 252-8555.

Pampered Chef Consultant. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime at 080 5201 7164 or ext. 7302.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese. No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863.

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels. For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

English teacher, holding Bachelor's degree in Communications is offering classes now. Experienced in preparing college students for TOEIC examinations. Also inviting Japanese toddlers to join playgroups on Sundays. Call 252-8555 for more information.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

Pacific Pixels Studio, 252-7158 or 090-4515-7655. Check us out at pacificpixels.com. Taking care of all your portrait needs... "Where the focus is you...your style, your way." 252-7158 or 090 4515 7655.

Paws 'n' Claws Pet Kennel. If you know someone PCSing to Sasebo w/pets, call 252-2905 to make a reservation. Hours of operation: Monday-Friday: 10 a.m. - 5 p.m. Saturday: 10 a.m. - 1 p.m. Sunday: 10 a.m. - Noon

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School). Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at <www.mdphotography.net>.

Photography by Ferna is dedicated to offering a unique look to your next portrait. Call us at 090-5731-5744 or visit us at <www.photographybyferna.com>.

Authorized after hours AmeriCable Salesman/Installer. Base housing, BEH and BOH. Call 080 5246 2643 or 0956 24-5260 for

price quotes. Free Installation. Ask for Jonathan Beaston, authorized AmeriCable contractor.

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. We are located in Bldg PW-47 on the first floor, or call us at 252-3890.

Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G at 252-8454.

The Pampered Chef celebrates Fathers Day! Get 60 percent off ENTIRE barbeque tool set when you host a June Kitchen/Catalog show. A great Father's Day gift! Receive a 10 percent discount card for one year and free products! Call Pampered Chef consultant Florence Franks anytime at 080-5201-7164 or 252-7302, or reach me by e-mail at <geneflo3@hotmail.com>.

USA Girl Scouts, Sasebo are looking for volunteers. Short term and year long positions are available, including:
Troop Leader/Co-Leader
Event Chair
Membership Recruiter
Public Relations
Summer Camp Volunteer
Program Specialist
E- mail at <Trainerswww.westpacificgirlscouts.com/SaseboGirlScouts> or Phone/Fax 252-3321

SES SURE START

This is Sasebo Elementary School's Early Intervention Preschool Program. Now accepting applications for School Year 2005 - 2006. Qualifications and considerations for student selection include:

- Applicants must be command sponsored
 - Children must be 4-years-old on or before Oct. 31, 2005
 - Children whose sponsor's rank is E1-E5 have first priority for enrollment
 - Primary language other than English spoken by parent
 - Parent was teenager when first child was born
 - Parent has not graduated from high school
 - Parent may be deployed for 3 or more months
 - Child had low birth rate - under 5.5 lbs.
 - Child has 3 or more siblings close in range
 - Child has an older sibling with a severe disability
 - Child is in a family headed by a single parent
- Applications accepted anytime. Call 252-3600.

Military Star Card
Zero % Financing

All Military Star Card purchases
of \$100 or more between
14-18 September
will be entitled to

0% interest
Zero Down and
No Payments
for three months.

Plus 10% discount on the first day's purchases
of new Military STARS® Card accounts

Just for Navy Exchange Customers!!



Bldg 1651

Sasebo Naval Base

YOUR NEX DEPOT'S

IN JAPAN

PROUD TO SERVE

Your one-stop shopping experience...

we are gearing up for

your end of year requirements!!

We support:

JWOD Skilcraft NIB/NISH

Great selection of:

-Office Supplies -Galley Supplies -Hardware

-Industrial and Cleaning Supplies

-Computers and accessories

-Kitchen gadgets/traffic appliances



YOUR NAVY EXCHANGE

We are your "Navy Family" store!

YOUR NAVY EXCHANGE PROFITS SUPPORT MWR PROGRAMS & SERVICES



NAVSUP

NAVAL SUPPLY SYSTEMS COMMAND

NAVAL EXCHANGE SERVICE COMMAND

The

Fleet & Family Support

Center

Are you looking for a volunteer opportunity? Do you like helping others?

The SAVI program is recruiting for victim advocates. Victim advocates respond to and help victims of sexual assault as they navigate the medical, investigative, and legal process. The Sexual Assault Victim Intervention Program relies on volunteers victim advocates to provide 24/7 response for the Sasebo community. Come and be a part of it!

The next two day training course for advocates will be September 7th and 8th. To sign up or for more information, please call the SARC, Michelle Bowen, at 252-3112.

SEXUAL ASSAULT VICTIM INTERVENTION



PUTTING THE PIECES TOGETHER

Changes to services at
Religious Ministries

Catholic (Hario)
Saturday 5 p.m.

Catholic Mass (MB)
Sunday 8:30 – 9:30 a.m.
Fellowship 9:30 – 10:30 a.m.
CCD 10 – 11 a.m.

Protestant (MB)
Sunday Worship 10 – 11 a.m.
Fellowship 11 – 11:30 a.m.
Sunday School 11:30 a.m. – 12:30

Church of Christ (MB)
Sunday Worship 10 – 11 a.m.

New Life (MB)
Sunday School Noon – 1 p.m.
Sunday Worship 1 – 3 p.m.

Protestant (Hario)
Sunday Worship 10 – 11 a.m.

Unity in Christ (Hario)
Sunday Worship 11:30 a.m. – 12:30 p.m.
Discontinued during the summer, will begin again Oct. 30.

If you would like to place an ad in **Soundings**, e-mail us at <soundings@cfas.navy.mil>, or call 252-3485/3409.

Commissary Store Hours of Operation

Hario

(43 hrs/wk)

1000 - 1800

Closed

Closed

1000 - 1900

1000 - 1900

1000 - 1900

1000 - 1800



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sasebo

(52 hrs/wk)

1000 - 1800

1000 - 1900

1000 - 1900

Closed

1000 - 1900

1000 - 1900

1000 - 1800





Fleet Gym 252-3588

Hario Gym 252-8691

Much awaited NFL 2005 season set to kick off

JOSN Jeff Johnstone
CFAS Public Affairs

With the 2005 NFL regular season kick - off just around the corner, the *Sasebo Soundings* went through the week one schedule, and would like to predict the winners for the opening week.
Editor's Note: Oakland at New England will have transpired by publication time.

Key games:
Sun. Sept. 11
Tampa Bay at Minnesota
Tampa Bay quarterback Brian Griese returns after his best season in years, and is rewarded with what coach Jon Gruden hopes to be a potent running game with Auburn draft pick Carnell 'Cadillac' Williams. Minnesota looks to be revamped on defense with newly acquired cornerback Fred Smoot, though they will have to find a new target, with Randy Moss having departed for Oakland.
Prediction: Tampa Bay wins over Minnesota

Denver at Miami
Broncos coach Mike Shanahan obviously believes in a solid running game. With current backs Mike Anderson, Tatum Bell, Ron Dayne and up-and-comer Cedric Cobbs, the Broncos look to romp on Miami. New Dolphins' coach Nick Saban may have other plans, but don't look for Ricky Williams to be too big a part of them.
Prediction: Denver wins on the road against Miami

Tennessee at Pittsburgh
Two veteran head coaches, the Titans' Jeff Fisher and the Steelers' Bill Cowher match strategy in week one. The Steelers, boasting last season's top regular season record, will hope to repeat. The Titans will look to capitalize on a depleted Pittsburgh rushing attack, with both Deuce Staley and Jerome

Bettis drinking Gatorade on the sideline. Tennessee will also hope for a sophomore jinx on second year quarterback Ben Rothlisberger.
Prediction: Steelers over Titans
Chicago at Washington
Though both teams are still looking to return to their winning ways of the past, look for this to be a telling game for both teams. The Bears suffered a setback when starting quarterback Rex Grossman



The Chargers' LaDainian Tomlinson (#21), and other running backs, look to get off to a fast start when the 2005 NFL season kicks off Sept. 11. (Photo by Getty Images)

was forced to the sidelines with an injury. Though Bears star linebacker Brian Urlacher insists this is the Bears' year, the Redskins, who quietly led the NFC in total defense last season, will look to shut down the Bears' chances of returning to Jellystone Park. Newly acquired Chicago running back Cedric Benson will probably run into a burgundy and gold wall. If 'Skins quarterback Patrick Ramsey can achieve something, the crowd will sing 'Hail to the Redskins' for the first time in 15 years.
Prediction: Washington skins da Bears

New Orleans at Carolina
With the New Orleans area still suffering

from the aftermath of Hurricane Katrina, look for many people to be silently pulling for the Saints all year long. They could have a storybook year, and actually have the talent to do so. However, unlike they have in years past, they'll have to perform. With the entire state of Louisiana pulling for them, and the team with a new motivation, don't be surprised to see an upset.
Prediction: New Orleans over Carolina

Seattle at Jacksonville
Seattle is a complete mystery. With enough talent to beat anyone in the league, they find ways to lose. A major problem last season, and one they need to desperately fix this year, is their receiving corps. They drop too many balls to beat a defense the caliber of Jacksonville. Byron Leftwich is finding is niche, and stalwart Fred Taylor looks to run all over a consistently suspect Seahawk defense.
Prediction: Jaguars top the Seahawks

Houston at Buffalo
For as young a franchise as the Texans are, they continue to show their worth in the league season after season. David Carr, who two seasons ago spent more time on his back than upright at the huddle, continues to improve. Texans General Manager Charlie Casserly knows how to make a winner, but don't look for that to help them

against the Bills. Former coach Gregg Williams created a defensive monster in Buffalo, cloned it, and hauled it with him to Washington. New Bills quarterback J.P. Losmon may not have huge shoes to fill taking over for Drew Bledsoe, but this is a big game for him. A weak rushing defense on the part of Houston will judge this one.
Prediction: Buffalo runs over Houston

Dallas at San Diego
The tuna is still looking for answers in Dallas. Two years after taking a laughable team to the playoffs, Bill Parcells looks to rebound his Cowboys. Unfortunately for him, the Cowboys' only guaranteed win is against the Redskins. That deal was signed on a street corner 12 years ago, and a suitcase was exchanged. Drew Brees, Antonio Gates and LaDainian Tomlinson will have nothing to do with any deal, and Dallas will more than likely have nothing to do with a 1 - 0 start.
Prediction: San Diego over Dallas

Philadelphia at Atlanta
The first Monday night game of the year will be a good one, with last years' two NFC conference championship teams going head to head. *Second verse, same as the first...a little bit rowdier and a whole lot worse.* That old saying means the Eagles will probably take this one, as the Falcons have shown too much inconsistency to hang with the birds. The Eagles seem to have trimmed down in talent, and are having personnel problems with Terrell Owens, but look for the Eagles to take this one in a close game.
Prediction: Eagles soar over Falcons

Fitness Tip: Can the upper and lower abdominals be trained separately?

Alec Culpepper
MWR Fitness & Aquatics Director

The midsection is composed of several muscles, the rectus abdominus being the largest and most visible. Conventional wisdom states in no uncertain terms that the two "halves" of the rectus abdominus—the upper and lower—cannot be exclusively trained; all the fibers stimulated during exercise work together. The science says, during the concentric, or shortening, phase of each exercise, the scientists found no significant difference in activity between the upper and lower sections of the muscle.
The reason is when you perform a crunch—which would be considered an

upper ab movement in some circles — muscle fibers of the upper abdominals might fire sooner to lift the upper body off the floor. However, intrinsic abdominal muscles, together with the rectus, are recruited during the movement and work in tandem to stabilize the hips and legs. And surprise! The lower abs fire up to help out. The bottom line is that the rectus abdominus cannot be completely separated during ab exercises. But if you train correctly—choosing a variety of exercises that fatigue the muscles in 20 reps or fewer—you won't need to be consumed with which move hits what portions of your midsection.

Upcoming Sports Events

What: Mini Triathlon
Where: Main Base Pool
When: Sunday, Sept. 11 at 8:30 a.m.

What: SNA 5k Run/Walk
Where: Nimitz Park
When: Thursday 15 Sept. at 4:30 p.m.

What: Hirado Half-Marathon
When: Sunday, 18 Sept. at 10:30 a.m.

Spring Basketball Standings		
Young Guns	7	0
Showtime	7	2
Force	7	2
Tru Stories	5	2
Warriors	4	5
Fearless	2	6
ACU - 1	2	8
Seabees 74	1	8



FROM THE BENCH
with hosts
Isaiah Mincks
Dennis Lebling and Dave Glazier
Thursday mornings 8:00 – 9:00

